

## Agreement to Participate

\* 1. --English: You received this survey invitation because XXXXXXXX. TO COMPLETE THIS SURVEY: click the green text below. TO STOP RECEIVING SHAMBHALA SURVEYS: click the red text below.

--English: I agree to complete this survey. I understand that the survey is anonymous, that my name and email address will not be recorded, and that no one will be able to link me to my answers.

--English: I do not want to receive any future communications from Shambhala. I understand that this means I will not receive any future updates from the Interim Board, Process Team, or the Shambhala News Service.

Welcome to the "Sense of Shambhala" survey

You are invited to complete this survey to help us understand who we are as a community. It asks about your experience in Shambhala personally, in your local center, and in the international community. It is open to anyone who has ever been a member of Shambhala or Vajradhatu, or who has completed Shambhala Training Level III, or who has attended advanced programs such as seminary or any of the various Assemblies (Warrior, Kalapa, Enlightened Society, Sacred World). If you know someone who fits that description but did not receive an invitation email, please encourage them to complete a request at <https://forms.gle/eov7Wvhg4iW15z8j6> before January 16, 2020.

Because the survey covers a great deal of material, plan to take 30-60 minutes to complete it. The survey will remain open for one month. Whenever you click "next page", it saves your answers up to that point. If you need to take a break before completing the survey, or if something occurs to you that you would like to add to your answers, you may return to your own answers as many times as you like until January 31 by clicking the link in your invitation email. This link is specific to your email address. If you give it to someone else, their answers will delete your answers. Survey Monkey keeps track of the link confidentially, so we do not know what emails are connected to specific answers.

This particular survey does not include questions about preferences for the specific form Shambhala should take in the future. First, we need to develop a deep and accurate understanding of who we are now. Also, this survey does not include specific questions about Sakyong Mipham Rinpoche. (The reasons for not including

specific questions about the Sakyong are presented here.) You are of course welcome to use the comment boxes throughout this survey to express your views on any issue of concern to you, including the Sakyong.

Legend: each of the quantitative questions has a scale – the table below shows the scale and icon we are using to identify it.

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No_to_essential	No opinion / Not important / Somewhat important / Very important / Essential
Option circles	Radio buttons
Text box	Free form text
Select any	Option check boxes
Time select circles	Never /Occasionally / About one a year / Several times a year /Often
Opinion circles	I'd rather not answer /Not relevant to me / Somewhat helpful / Very helpful / Essential
Short opinion circles	I'd rather not say / Not really / Yes, to some extent / Yes, definitely

## Part 1: Your individual experience

2. How would you describe your relationship to Shambhala during the past 12 months? (please select the one best answer)

<Option circles>

- i. Newly involved (exploring what Shambhala has to offer)
- ii. Minimally involved (connect occasionally)
- iii. Somewhat involved (participate in a few activities that I am interested in)
- iv. Actively involved (fair amount of meditation practice, study, volunteering)
- v. Extensively involved (considerable amount of meditation practice, study, volunteering)
- vi. Not currently involved
- vii. I have left Shambhala

If none of these fit you, you may use this space to describe your relationship to Shambhala.

<Text box>

3. From your point of view, what are the most important issues facing Shambhala right now?

<No\_to\_essential>

- i. We need to reform a culture that tolerated inappropriate and unacceptable behavior by leadership
- ii. We need to overtly recognize and address past harms that occurred in the community
- iii. We need to repair the reputation of Shambhala at a deep level
- iv. We need to increase energy and engagement (lungta) within the community
- v. We need to prioritize kindness and the experience of welcoming inclusiveness in Shambhala culture
- vi. International decision-makers need to listen more to the
- vii. Shambhala membership
- viii. We need to address causes of revenue loss, and ensure sustainable financial practices at local and international levels
- ix. We need to create a structure and culture that includes students of Chogyam Trungpa Rinpoche who are not currently students of Sakyong Mipham Rinpoche

- x. We need to create a culture of feedback among teachers in Shambhala, so that shared curricula and teacher training more closely reflect the needs of local Centres and Groups
- xi. We need to continue making the Shambhala Vajrayana teachings available (Primordial Rigden ngondro, Rigden Abhisheka, Scorpion Seal)
- xii. We need to continue making the Kagyu and Nyingma Vajrayana teachings available (Kagyu ngondro, Vajrayogini, etc.)
- xiii. We need to change policies that discouraged Shambhala Centres and Groups from inviting Buddhist teachers outside of Shambhala to teach

Other (please explain)

<text box>

4. How important are the following dimensions of Shambhala to you personally?

<No\_to\_essential>

- i. Supporting the deepening of my meditation practice
- ii. Supporting the study and practice of Buddhism, Shambhala, and/or other spiritual traditions
- iii. Supporting social relationships with like-minded individuals in my locale
- iv. Supporting a partner or family member who is in Shambhala
- v. Supporting a 12 step or recovery path (such as Heart of
- vi. Recovery or Recovery Dharma)
- vii. Engagement in Shambhala social calendar, celebrations, and events
- viii. Deepening my experience of the arts and other creative endeavors
- ix. Supporting my development of leadership skills and experience
- x. Helping me to work with life cycle experiences such as child raising, aging, and dying
- xi. Helping me identify a meaningful vehicle for social activism and community engagement

Other (please explain)

<text box>

5. Would you like to add anything here about the ways that Shambhala is important to you?

<text box>

*Over our 50-year history, members of Shambhala have studied and practiced wisdom teachings based on the Kagyu and Nyingma lineages of Tibetan Buddhism. We have explored the Shambhala teachings in several ways: as a companion to Buddhism and other traditions, as an expression of the Buddhist Vajrayana path in and of itself, and as a secular path where people can make the connection between personal meditation practice and creating a kind and awake society. Members have come from different study and practice backgrounds, orientations, and aspirations. The following questions explore what mix of orientations and aspirations co-exist in Shambhala now, and the challenges people face in pursuing their practice and study interests.*

\* 6. What is your experience with mindfulness meditation?

<Option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

Other (please explain)

<text box>

### **Mindfulness meditation (barriers)**

\* 7. Have any of the following challenges affected your participation in mindfulness meditation, either currently or in the past? (Please check all that apply)

<option circles>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
- iv. It is too time consuming to participate
- v. Travel distances are a challenge for participating
- vi. Language barriers are a challenge for participating
- vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
- viii. There is no one or very few people in my community to study or practice with
- ix. I have a hard time with this path, given what is currently happening in Shambhala
- x. None of these are challenges for me

A challenge not listed here (please describe)

< text box>

8. Do you have additional comments about challenges to participating in mindfulness meditation?

<text box>

## Social meditation

\* 9. What is your experience with social meditation?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)

<text box>

Social meditation (barriers)

\* 10. Have any of the following challenges affected your participation in social meditation, either currently or in the past? (Please check all that apply)

<option circles>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
- iv. It is too time consuming to participate
- v. Travel distances are a challenge for participating
- vi. Language barriers are a challenge for participating
- vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
- viii. There is no one or very few people in my community to study or practice with
- ix. I have a hard time with this path, given what is currently happening in Shambhala
- x. None of these are challenges for me

xi. A challenge not listed here (please describe)

<text box>

11. Do you have additional comments about challenges to participating in social meditation?

<text box>

## Societal issues

\* 12. What is your experience with studying contemporary commentary on the societal issues facing the world?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)

<text box>

## Societal issues (barriers)

\* 13. Have any of the following challenges affected you being able to study contemporary commentary on the societal issues facing the world, either currently or in the past?

(Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
- iv. It is too time consuming to participate
- v. Travel distances are a challenge for participating
- vi. Language barriers are a challenge for participating
- vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
- viii. There is no one or very few people in my community to study or practice with
- ix. I have a hard time with this path, given what is currently happening in Shambhala
- x. None of these are challenges for me

- xi. A challenge not listed here (please describe)  
<text box>

14. Do you have additional comments about challenges to studying contemporary commentary on the societal issues facing the world?  
<text box>

#### Traditional Arts

\* 15. What is your experience with traditional arts practiced in Shambhala (such as Ikebana, Miksang, and Kyudo)?

<option circles>

- i. Unfamiliar with this path
  - ii. Not currently interested
  - iii. Previously part of my path
  - iv. Currently part of my path
  - v. Interested in for the future
  - vi.
  - vii. Other (please explain)
- <text box>

#### Traditional Arts (barriers)

\* 16. Have any of the following challenges affected your participation in traditional arts practiced in Shambhala (such as Ikebana, Miksang, and Kyudo), either currently or in the past? (Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
  - ii. No instruction on this is offered locally
  - iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
  - iv. It is too time consuming to participate
  - v. Travel distances are a challenge for participating
  - vi. Language barriers are a challenge for participating
  - vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
  - viii. There is no one or very few people in my community to study or practice with
  - ix. I have a hard time with this path, given what is currently happening in Shambhala
  - x. None of these are challenges for me
  - xi. A challenge not listed here (please describe)
- <text box>

17. Do you have additional comments about challenges to participating in traditional arts practiced in Shambhala?  
<text box>

#### Dharma Art, Maitri Space Awareness, Mudra Space Awareness

\* 18. What is your experience with Dharma Art, Maitri Space Awareness, or Mudra Space Awareness? (answer for the one with which you have the most experience).

<option circles>

- i. Unfamiliar with this path
  - ii. Not currently interested
  - iii. Previously part of my path
  - iv. Currently part of my path
  - v. Interested in for the future
  - vi. Other (please explain)
- <text box>

#### Dharma Art, Maitri Space Awareness, Mudra Space Awareness (barriers)

\* 19. Have any of the following challenges affected your participation in Dharma Art, Maitri Space Awareness, or Mudra Space Awareness, either currently or in the past? (Please check all that apply)  
<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally
- iv. No qualified teachers have been invited to visit locally
- v. It is too expensive to participate

- vi. It is too time consuming to participate
- vii. Travel distances are a challenge for participating
- viii. Language barriers are a challenge for participating
- ix. Lack of accommodations for access issues (mobility, vision, hearing, etc.)
- x. It has been very difficult to meet the prerequisites required to participate
- xi. Programs I planned to attend were cancelled
- xii. There is no one or very few people in my community to study or practice with
- xiii. I have a hard time with this path, given what is currently happening in Shambhala
- xiv. None of these are challenges for me

xv. A challenge not listed here (please describe)  
<text box>

20. Do you have additional comments about challenges to participating in Dharma Art, Maitri Space Awareness, or Mudra Space Awareness?

<text box>

### **Dorje Kasung**

\* 21. What is your experience with the Dorje Kasung?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)  
<text box>

### **Dorje Kasung (barriers)**

\* 22. Have any of the following challenges affected your participation in the Dorje Kasung, either currently or in the past? (Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
- iv. It is too time consuming to participate
- v. Travel distances are a challenge for participating
- vi. Language barriers are a challenge for participating
- vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
- viii. There is no one or very few people in my community to study or practice with
- ix. I have a hard time with this path, given what is currently happening in Shambhala
- x. None of these are challenges for me

xi. A challenge not listed here (please describe)  
<text box>

23. Do you have additional comments about challenges to participating in the Dorje Kasung?

<text box>

### **Foundational Buddhist Teachings**

\* 24. What is your experience with foundational Buddhist teachings such as the Four Noble Truths?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)  
<text box>

### Foundational Buddhist Teachings (barriers)

\* 25. Have any of the following challenges affected your participation in foundational Buddhist teachings such as the Four Noble Truths, either currently or in the past? (Please check all that apply)  
<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally
- iv. No qualified teachers have been invited to visit locally It is too expensive to participate
- v. It is too time consuming to participate
- vi. Travel distances are a challenge for participating
- vii. Language barriers are a challenge for participating
- viii. Lack of accommodations for access issues (mobility, vision, hearing, etc.)
- ix. It has been very difficult to meet the prerequisites required to participate
- x. Programs I planned to attend were cancelled
- xi. There is no one or very few people in my community to study or practice with
- xii. I have a hard time with this path, given what is currently happening in Shambhala
- xiii. None of these are challenges for me
  
- xiv. A challenge not listed here (please describe)  
<text box>

26. Do you have additional comments about challenges to participating in foundational Buddhist teachings?  
<text box>

### Mahayana Buddhist teachings

\* 27. What is your experience with Mahayana Buddhist teachings on compassion and emptiness?  
<select any>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future
  
- vi. Other (please explain)  
<text box>

### Mahayana Buddhist teachings (barriers)

\* 28. Have any of the following challenges affected your participation in Mahayana Buddhist teachings on compassion and emptiness, either currently or in the past? (Please check all that apply)  
<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally
- iv. No qualified teachers have been invited to visit locally
- v. It is too expensive to participate
- vi. It is too time consuming to participate
- vii. Travel distances are a challenge for participating
- viii. Language barriers are a challenge for participating
- ix. Lack of accommodations for access issues (mobility, vision, hearing, etc.)
- x. It has been very difficult to meet the prerequisites required to participate
- xi. Programs I planned to attend were cancelled
- xii. There is no one or very few people in my community to study or practice with
- xiii. I have a hard time with this path, given what is currently happening in Shambhala
- xiv. None of these are challenges for me
  
- xv. A challenge not listed here (please describe)  
<text box>

29. Do you have additional comments about challenges to participating in Mahayana Buddhist teachings on compassion and emptiness?  
<text box>

### Vajrayana Buddhist teachings

\* 30. What is your experience with Vajrayana Buddhist teachings and practices drawn from the Kagyu and Nyingma traditions (Kagyu and Nyingma ngondro, Vajrayogini, Vajrakilaya)?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path I
- v. Interested in for the future

vi. Other (please explain)

<text box>

#### **Vajrayana Buddhist teachings (barriers)**

\* 31. Have any of the following challenges affected your participation in Vajrayana Buddhist teachings and practices drawn from the Kagyu and Nyingma traditions (Kagyu and Nyingma ngondro, Vajrayogini, Vajrakilaya), either currently or in the past? (Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
- iv. It is too time consuming to participate
- v. Travel distances are a challenge for participating
- vi. Language barriers are a challenge for participating
- vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
- viii. There is no one or very few people in my community to study or practice with
- ix. I have a hard time with this path, given what is currently happening in Shambhala
- x. None of these are challenges for me

xi. A challenge not listed here (please describe)

<text box>

32. Do you have additional comments about challenges to participating in Vajrayana Buddhist teachings and practices?

<text box>

#### **Shambhala foundational teachings**

\* 33. What is your experience with the Shambhala foundational teachings (Shambhala Training, Way of Shambhala classes)?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)

<text box>

#### **Shambhala foundational teachings (barriers)**

\* 34. Have any of the following challenges affected your participation in the Shambhala foundational teachings (Shambhala Training, Way of Shambhala classes), either currently or in the past? (Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally No qualified teachers have been invited to visit locally It is too expensive to participate
- iv. It is too time consuming to participate
- v. Travel distances are a challenge for participating
- vi. Language barriers are a challenge for participating
- vii. Lack of accommodations for access issues (mobility, vision, hearing, etc.) It has been very difficult to meet the prerequisites required to participate Programs I planned to attend were cancelled
- viii. There is no one or very few people in my community to study or practice with
- ix. I have a hard time with this path, given what is currently happening in Shambhala
- x. None of these are challenges for me

xi. A challenge not listed here (please describe)

<text box>

35. Do you have additional comments about challenges to participating in the Shambhala foundational teachings?

<text box>

### **Shambhala expanded teachings**

\* 36. What is your experience with the Shambhala expanded teachings (Enlightened Society, Warrior Assembly, Sacred Path programs, Sadhana of Kindness, Householder practice, etc.)?

<option circle>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)

<text box>

### **Shambhala expanded teachings (barriers)**

\* 37. Have any of the following challenges affected your participation in the Shambhala expanded teachings (Enlightened Society, Warrior Assembly, Sacred Path programs, Sadhana of Kindness, Householder practice, etc.), either currently or in the past? (Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally
- iv. No qualified teachers have been invited to visit locally It is too expensive to participate
- v. It is too time consuming to participate
- vi. Travel distances are a challenge for participating
- vii. Language barriers are a challenge for participating
- viii. Lack of accommodations for access issues (mobility, vision, hearing, etc.)
- ix. It has been very difficult to meet the prerequisites required to participate
- x. Programs I planned to attend were cancelled
- xi. There is no one or very few people in my community to study or practice with
- xii. I have a hard time with this path, given what is currently happening in Shambhala
- xiii. None of these are challenges for me

xiv. A challenge not listed here (please describe)

<text box>

38. Do you have additional comments about challenges to participating in the Shambhala expanded teachings?

<text box>

### **Shambhala Vajrayana teachings**

\* 39. What is your experience with the Shambhala Vajrayana teachings (Sacred World Assembly, Primordial Rigden ngondro, Rigden Abhisheka, Scorpion Seal)?

<option circles>

- i. Unfamiliar with this path
- ii. Not currently interested
- iii. Previously part of my path
- iv. Currently part of my path
- v. Interested in for the future

vi. Other (please explain)

<text box>

### **Shambhala Vajrayana teachings (barriers)**

\* 40. Have any of the following challenges affected your participation in the Shambhala Vajrayana teachings (Sacred World Assembly, Primordial Rigden ngondro, Rigden Abhisheka, Scorpion Seal), either currently or in the past? (Please check all that apply)

<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally
- iv. No qualified teachers have been invited to visit locally
- v. It is too expensive to participate
- vi. It is too time consuming to participate
- vii. Travel distances are a challenge for participating
- viii. Language barriers are a challenge for participating
- ix. Lack of accommodations for access issues (mobility, vision, hearing, etc.)

- x. It has been very difficult to meet the prerequisites required to participate
- xi. Programs I planned to attend were cancelled
- xii. There is no one or very few people in my community to study or practice with
- xiii. I have a hard time with this path, given what is currently happening in Shambhala
- xiv. None of these are challenges for me

xv. A challenge not listed here (please describe)  
<text box>

41. Do you have additional comments about challenges to participating in the Shambhala Vajrayana teachings?  
<text box>

### Other

42. Are there other teachings and practices that are an important part of your participation in the Shambhala community?  
<text box>

43. If you identified other teachings and practices in the previous question, have any of the following challenges affected your participation, either currently or in the past? (Please check all that apply)  
<select any>

- i. Personal time pressures, work, and/or family demands
- ii. No instruction on this is offered locally
- iii. No qualified leaders or teachers are available locally
- iv. No qualified teachers have been invited to visit locally It is too expensive to participate
- v. It is too time consuming to participate
- vi. Travel distances are a challenge for participating
- vii. Language barriers are a challenge for participating
- viii. Lack of accommodations for access issues (mobility, vision, hearing, etc.)
- ix. It has been very difficult to meet the prerequisites required to participate
- x. Programs I planned to attend were cancelled
- xi. There is no one or very few people in my community to study or practice with
- xii. I have a hard time with this path, given what is currently happening in Shambhala
- xiii. None of these are challenges for me

xiv. A challenge not listed here (please describe)  
<text box>

44. Do you have additional comments about challenges to participating in these other things?  
<text box>

\* 45. Do you have access to a meditation instructor, or someone in Shambhala who can support you on your practice and study path?  
<option circles>

- i. Yes definitely
- ii. To some extent
- iii. Not really

\* 46. Would you like better access than you have now to a meditation instructor, practice and study support person, or support group?  
<Option circles>

- i. Yes
- ii. No

### Inclusion and Exclusion

As an organization, Shambhala understands that there are people who have felt that their voices have been minimized or neglected. The following questions explore these concerns.

\* 47. In the past 5 years, how often have you experienced situations in Shambhala where you felt marginalized, de-valued, or treated badly for any of the following reasons?

< Time select circles>

- i. Not being part of the “in-group”, feeling like an outsider
- ii. My race or ethnicity
- iii. My nationality or the region where I live
- iv. My income, social class or family background
- v. My family status
- vi. The amount of formal education that I have
- vii. The language I speak, or my accent

- viii. Different physical abilities
- ix. Mental health issues
- x. Transportation difficulties getting access to my Centre or Group
- xi. Self identifying as male
- xii. Self identifying as female
- xiii. Self identifying as trans
- xiv. Self identifying as gender non-conforming
- xv. My sexual orientation
- xvi. My appearance
- xvii. Being younger than others
- xviii. Being older than others
- xix. Not being a Vajrayana practitioner
- xx. Being a Vajrayana Practitioner, but not a Scorpion Seal practitioner
- xxi. Being a student of Trungpa Rinpoche but not of Sakyong Mipham Rinpoche
- xxii. My level on the Shambhala Vajrayana path (ngondro, Rigden Abhisheka, Scorpion Seal level, etc.)

48. Have you experienced being marginalized, de-valued, or treated badly in Shambhala for other reasons that are not on this list? If so, are you willing to describe them?

<text box>

\* 49. If you have experienced being marginalized, de-valued, or treated badly in Shambhala in the past 5 years, are you willing to provide more information about your experience? Your answers will be anonymous and confidential.

<option circles>

- i. Yes
- ii. No

**Inclusion and Exclusion (continued)**

\* 50. What happened that made you feel marginalized, de-valued, or treated badly? (check all that apply)

<select any>

- i. I'd rather not answer
- ii. Not feeling welcome in Shambhala setting
- iii. Not feeling safe in Shambhala settings
- iv. Feeling talked down to or belittled by leaders or teachers
- v. Thoughtless or insensitive comments made by others
- vi. Assumptions made about my abilities or opinions
- vii. Assumptions made about my interests or motivations in Shambhala
- viii. I am expected to represent everyone in my group
- ix. Inappropriate physical or sexualized behavior towards me
- x. Feeling ignored by others in the community
- xi. Feeling misrepresented by others in the community
- xii. Not being offered opportunities to teach
- xiii. Not being asked to take leadership roles
- xiv. Not being offered training opportunities
- xv. Not being authorized after participating in training programs
- xvi. Not being invited to special events
- xvii. Not having my needs accommodated at Shambhala programs
- xviii. Not having access to facilities that accommodated my needs (No ramps, narrow doorways, inaccessible bathrooms, hearing assistance, resting spaces)
- xix. No bathrooms that I feel safe or comfortable using
- xx. Not feeling heard by leaders in the Shambhala community
- xxi. Other (please describe)  
<text box>

\* 51. Given your answers about marginalization on the previous question, how would you compare your experience in other communities with which you regularly interact to your experience in Shambhala?

<option circles>

- i. Not applicable (I don't feel marginalized)
- ii. Much less marginalized than in Shambhala
- iii. Somewhat less marginalized than in Shambhala
- iv. About the same as Shambhala
- v. Somewhat more marginalized than in Shambhala
- vi. Much more marginalized than in Shambhala
- vi. Do you have any comments about this experience?  
<text box>

\* 52. Have you reduced your participation in the Shambhala community because you felt marginalized, de-valued, mistreated, or because you don't see people like yourself as active members?

<option circles>

- i. I'd rather not answer
- ii. No
- iii. Reduced a little
- iv. Reduced a lot
- v. Left the community

\* 53. What steps could we in Shambhala take to address these issues?

<Opinion circles>

- i. Increased representation of people like me in leadership and teaching positions in Shambhala
- ii. Open channels of communication between membership and leadership
- iii. Clear public commitment to address bias and mistreatment
- iv. Enforce anti-discrimination provisions in the Shambhala Care and Conduct Policy
- v. Conduct Policy
- vi. Prominently post a clearly written statement at all centres, programs and retreats
- vii. Require accessibility accommodations in all Shambhala settings
- viii. Sensitivity training for teachers and leaders
- ix. Convening diversity committees that bring awareness about inclusion issues to the attention of the community
- x. Open community conversations about discrimination and bias
- xi. Opportunities for affinity groups to gather together for practice, study, or socializing (for example, Queer dharma, People of Color sangha)
- xii. Other (text box)  
<text box>

54. Is there anything you would like to add on this topic?

<text box>

### Reactions to the current situation

\* 55. Some members of our community feel intense and persistent anger, sadness, outrage, or disheartenment in response to the sexual misconduct, abuse, financial concerns, and general upheaval in the Shambhala community over the past 2 years. Do you personally have these feelings at an intense or persistent level?

<option circles>

- i. Yes
- ii. No

### Intense reactions (continued)

\* 56. Do you have access to a safe and supportive environment where you feel that you can work with these feelings in a meaningful way

<Short opinion circles>

- i. Within your local Shambhala community?
- ii. Within the international Shambhala community?
- iii. Outside of the Shambhala community?

\* 57. Which of the following do you feel would be helpful for you?

<Short opinion circles>

- i. Group compassion or social meditation practice gatherings
- ii. Local group listening circles or group processing opportunities
- iii. Online groups involving Shambhala members from across the international community
- iv. One-on-one conversations with trained listener/facilitators
- v. Referral to outside counseling resources
- vi. Seeing your local Shambhala community make changes to address the roots of these issues
- vii. Seeing the international Shambhala community make changes to address the roots of these issues

58. Is there anything you would like to add on this topic?

<text box>

### Context

As you know, this survey is anonymous--your responses are not linked to any identifying information. Your answers to the following demographic questions will help us assess whether there are meaningful differences in the pattern of answers across sectors of our community. However, they will not allow us to identify who you are personally.

\* 59. When did your involvement with Shambhala or Vajradhatu begin?

<option circles>

- i. When Chogyam Trungpa R. was alive (before April 1987)
- ii. Between Chogyam Trungpa's death (April 1987) and 1999
- iii. 2000-2008

- iv. 2009-2017
- v. 2018 or later

\* 60. What is your age group?

<option circles>

- i. Under 25
- ii. 25-39
- iii. 40-59
- iv. 60+

\* 61. How large is your local Shambhala Centre or Group?

<option circles>

- i. I do not belong to a Centre or Group
- ii. I do not know the size of my local Centre or Group
- iii. Very small (1-9 members)
- iv. Small (10-34 members)
- v. Medium (35-74 members)
- vi. Large (75-125 members)
- vii. Very large (125+ members)

\* 62. How would you describe your formal relationship to the Shambhala organization?

<option circles>

- i. Currently a dues-paying member
- ii. Previously a dues paying member, but not currently
- iii. Currently part of the Shambhala community, but have not been a dues-paying member
- iv. Previously part of the Shambhala community, but have not been a dues-paying member
  
- v. Other (please specify)  
<text box>

### Survey Part 2: your local community

The next set of questions is about your local Centre or Group. The survey ends with questions about the international Shambhala organization.

\* 63. Do you relate to a local Shambhala Group or Centre?

<option circles>

- i. Yes
- ii. No

Not relating to local community

\* 64. What is the main reason that you do not relate to a local Shambhala Group or Centre? (check all that apply)

<select any>

- i. There is no Centre or Group close to where I live
- ii. My Centre or Group has chosen to end its affiliation with Shambhala
- iii. There is a Centre or Group close to where I live, but the practices I do are not represented there
- iv. There is a Centre or Group close to where I live, but I do not feel welcome there
- v. There is a Centre or Group close to where I live, but I do not support the local leadership or the current decision-making
- vi. I don't feel connected to the community at my local Center
  
- vii. Other (please specify)  
<text box>

65. (OPTIONAL) If your local Centre or Group has ended its affiliation with Shambhala, would you like to share any comments about the decision and how it affects you?

<text box>

### Local community (meditation 1)

There are many different ways to be part of a local Shambhala Centre or Group. The next questions ask about different types of participation.

\* 66. How much do you currently practice meditation with the local centre or group?

<option circles>

- i. Not relevant to me (I am not interested in this)
- ii. My center or group does not offer this activity
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

Local center (meditation 2)

\* 67. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers Travel distances
- x. Haven't been invited
- xi. Don't feel welcome
- xii. Requests are too aggressive
- xiii. Don't feel friendly with others in the community
- xiv. Poor local financial management
- xv. Not enough separation from the international Shambhala community
- xvi. Other (please specify)  
<text box>

**Local center (meditation 3)**

68. What would help you balance your currently level of participation in this way, so you do not feel overextended?  
<text box>

**Local center (study 1)**

\* 69. How much do you currently study dharma with the local centre or group?  
<option circles>

- i. Not relevant to me (I am not interested in this)
- ii. My center or group does not offer this activity
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (study 2)**

\* 70. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)  
<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity It is too expensive to participate
- vii. Activities I am interested in are not offered
- viii. Language barriers Travel distances
- ix. Haven't been invited
- x. Don't feel welcome
- xi. Requests are too aggressive
- xii. Don't feel friendly with others in the community
- xiii. Poor local financial management
- xiv. Not enough separation from the international Shambhala community
- xv. Other (please specify)  
<text box>

**Local center (study 3)**

71. What would help you balance your currently level of participation in this way, so you do not feel overextended?  
<text box>

**Local center (social 1)**

\* 72. How much do you currently interact socially with the local centre or group?  
<option circles>

- i. Not relevant to me (I am not interested in this)
- ii. My center or group does not offer this activity
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (social 2)**

\* 73. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community
  
- xvii. Other (please specify)  
<text box>

**Local center (social 3)**

74. What would help you balance your currently level of participation in this way, so you do not feel overextended?

<text box>

**Local center (meetings 1)**

\* 75. How much do you currently attend meetings with the local centre or group?

<option circles>

- i. Not relevant to me (I am not interested in this)
- ii. My center or group does not have meetings
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (meetings 2)**

\* 76. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity It is too expensive to participate
- vii. Activities I am interested in are not offered
- viii. Language barriers
- ix. Travel distances
- x. Haven't been invited
- xi. Don't feel welcome
- xii. Requests are too aggressive
- xiii. Don't feel friendly with others in the community
- xiv. Poor local financial management
- xv. Not enough separation from the international Shambhala community
  
- xvi. Other (please specify)  
<text box>

**Local center (meetings 3)**

77. What would help you balance your currently level of participation in this way, so you do not feel overextended?

<text box>

**Local center (civic projects 1)**

\* 78. How much do you currently participate in civic projects with the local centre or group?

<option circles>

- i. Not relevant to me (I am not interested in this)

- ii. My center or group does not offer this activity
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (civic projects 2)**

\* 79. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)  
<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community
- xvii. Other (please specify)  
<text box>

**Local center (civic projects 3)**

80. What would help you balance your currently level of participation in this way, so you do not feel overextended?  
<text box>

**Local center (volunteer 1)**

\* 81. How much do you currently volunteer with the local centre or group, or help out when needed?  
<option circels>

- i. Not relevant to me (I am not interested in this)
- ii. My center or group does not offer this activity
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (volunteer 2)**

\* 82. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)  
<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community
- xvii. Other (please specify)  
<text box>

**Local center (volunteer 3)**

83. What would help you balance your currently level of participation in this way, so you do

not feel overextended?  
<text box>

**Local center (leadership 1)**

\* 84. How much do you currently take on leadership responsibilities with the local center or group?

<option circles>

- i. Not relevant to me (I am not interested in this)
- ii. My center or group does not have leadership positions
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (leadership 2)**

\* 85. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community

xvii. Other (please specify)

<text box>

**Local center (leadership 3)**

86. What would help you balance your currently level of participation in this way, so you do not feel overextended?

<text box>

**Local center (employed 1)**

\* 87. How much do you work for a salary at the local center or group?

<option circles>

- i. My center or group has paid staff, but I do not work there
- ii. My center or group does not have paid staff
- iii. I work for the center, but less often than I would like
- iv. I work for the center, as often as I would like
- v. I work for the center, more often than I would like (I would prefer to do less)

**Local center (employed 2)**

\* 88. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management

xvi. Not enough separation from the international Shambhala community

xvii. Other (please specify)

<text box>

**Local center (employed 3)**

89. What would help you balance your currently level of participation in this way, so you do not feel overextended?

<text box>

**Local center (teach 1)**

\* 90. How much do you currently teach classes or programs at the local centre or group?

<option circles>

- i. Not relevant to me (I am not interested in teaching)
- ii. My center or group does not offer classes or programs
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (teach 2)**

\* 91. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community

xvii. Other (please specify)

<text box>

**Local center (teach 3)**

92. What would help you balance your currently level of participation in this way, so you do not feel overextended?

<text box>

**Local center (MI/SG/AD 1)**

\* 93. How much do you serve as a Meditation Instructor, Shambhala Guide, or Shambhala Training Assistant Director with the local centre or group?

<option circles>

- i. Not relevant to me (I am not interested in being a Meditation Instructor, Shambhala Guide, or Shambhala Training Assistant Director)
- ii. My center or group does not have Meditation Instructors or Shambhala Guides
- iii. Less often than I would like
- iv. As often as I would like
- v. More often than I would like (I would prefer to do less)

**Local center (MI/SG/AD 2)**

\* 94. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate

- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community

xvii. Other (please specify)  
<text box>

**Local center (MI/SG/AD 3)**

95. What would help you balance your currently level of participation in this way, so you do not feel overextended?  
<text box>

**Local center (DK 1)**

- \* 96. How much do you serve as a member of the Dorje Kasung with the local centre or group?
- i. Not relevant to me (I am not a Dorje Kasung)
  - ii. My center or group does not have Dorje Kasung
  - iii. Less often than I would like
  - iv. As often as I would like
  - v. More often than I would like (I would prefer to do less)

**Local center (DK 2)**

\* 97. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)  
<select any>

- i. Nothing on this list applies to me
- ii. My limited time
- iii. My limited financial resources
- iv. I don't do well in large groups or emotionally intense situations
- v. I don't have the qualifications to do this
- vi. Physical space not conducive to the activity
- vii. It is too expensive to participate
- viii. Activities I am interested in are not offered
- ix. Language barriers
- x. Travel distances
- xi. Haven't been invited
- xii. Don't feel welcome
- xiii. Requests are too aggressive
- xiv. Don't feel friendly with others in the community
- xv. Poor local financial management
- xvi. Not enough separation from the international Shambhala community

xvii. Other (please specify)  
<text box>

**Local center (DK 3)**

98. What would help you balance your currently level of participation in this way, so you do not feel overextended?  
<text box>

**Local center (interest groups 1)**

- \* 99. How much do you currently participate in an interest group (such as Young Meditators, Recovery, or Queer Dharma) with the local centre or group?
- Not relevant to me (I am not interested in these groups)
  - My center or group does not have interest groups like this
  - Less often than I would like
  - As often as I would like
  - More often than I would like (I would prefer to do less)

**Local center (interest groups 2)**

- \* 100. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)
- Nothing on this list applies to me
  - My limited time
  - My limited financial resources
  - I don't do well in large groups or emotionally intense situations
  - I don't have the qualifications to do this
  - Physical space not conducive to the activity
  - It is too expensive to participate
  - Activities I am interested in are not offered

Language barriers Travel distances Haven't been invited Don't feel welcome  
Requests are too aggressive  
Don't feel friendly with others in the community  
Poor local financial management  
Not enough separation from the international Shambhala community  
Other (please specify)

Local center (interest groups 3)

101. What would help you balance your currently level of participation in this way, so you do not feel overextended?

Local center (other 1)

\* 102. How much do you currently engage in other ways of participating in the local centre or group?

Not relevant to me (I am not interested in other ways of participating) My center or group does not have other ways of participating

Less often than I would like

As often as I would like

More often than I would like (I would prefer to do less)

Please describe this form of participation

Local center (other 2)

\* 103. Do you currently experience any of the following challenges or barriers that make it difficult to participate in this way? (check all that apply)

Nothing on this list applies to me

My limited time

My limited financial resources

I don't do well in large groups or emotionally intense situations

I don't have the qualifications to do this Physical space not conducive to the activity It is too expensive to participate

Activities I am interested in are not offered

Language barriers Travel distances Haven't been invited Don't feel welcome

Requests are too aggressive

Don't feel friendly with others in the community

Poor local financial management

Not enough separation from the international Shambhala community

Other (please specify)

Local center (other 3)

104. What would help you balance your currently level of participation in this way, so you do not feel overextended?

Leadership

\* 105. Are you currently in a leadership position at your Centre or Group?

Yes

No

Questions for local leaders

\* 106. Have you experienced any of the following at your Centre or Group in the past 18 months? (check all that apply)

None of these apply to my Centre or Group

Reduced numbers attending Centre or Group programs

Membership reduced by more than 20% Revenue from membership dues reduced

Less activity and fewer offerings at the Centre or Group Separated from Shambhala, or considered doing so Financially unsustainable

Fewer people volunteering

Difficulty filling leadership positions

Changes in local governance structure

Challenges to or inability to retain the physical space

Uncertain future

Other (please specify)

\* 107. Do you feel that your Centre or Group currently gets enough information, guidance and support from the international Shambhala organization on the following dimensions?

Yes, we get enough

No, we would like more

I don't know

What programs are offered at our Centre or Group

Who is invited to teach at our Centre or Group

Who should assume leadership roles in our Centre or Group How our Centre or Group governance should be organized How money is raised locally

How money is spent locally

General problem solving

Other (please specify)

\* 108. Do you feel that there has been too much control or involvement from the international Shambhala organization on the following dimensions?

Yes, there is too much

No, they are not overly involved

I don't know enough to answer.

What programs are offered at our Centre or Group

Who is invited to teach at our Centre or Group

Who should assume leadership roles in our Centre or Group How our Centre or Group governance should be organized How money is raised locally

How money is spent locally

General problem solving

Other (please specify)

109. Do you have additional comments about issues affecting Centre or Group leaders?

Community participation in decisions

The following questions are for people who are not in local leadership positions.

\* 110. Do you feel that you have enough of an opportunity to participate in decisions made by the leadership of your Centre or Group in the following areas?

I would like more

I am not interested in

I have enough

opportunity participating opportunity

to participate

in these decisions

to participate

What programs are offered at our Centre or Group

Who is invited to teach at our Centre or Group

Who should assume leadership roles in our Centre or Group How our Centre or Group governance should be organized How money is raised locally

How money is spent locally

General problem solving

Other (please specify)

\* 111. How satisfied are you with the amount and quality of communication that you have with the leadership of your Centre or Group?

Very unsatisfied Somewhat unsatisfied A mix

Somewhat satisfied

Very satisfied

Other (please specify)

112. Do you have additional comments about the leadership of your local Centre or Group?

Local community

\* 113. Do you have enough opportunities to interact socially with other members of your local Shambhala community?

I am not interested in more opportunities No, there are not enough opportunities Yes, there are some opportunities

Yes, there are many opportunities

Other (please specify)

\* 114. How important is it to you that the mix of individuals who are part of your centre or group reflect the mix of people who live in your geographic area? (Select very important, somewhat important, not very important)

Not very important

Somewhat important

Very important

\* 115. How similar or different is the current mix of individuals who are part of your centre or group, compared to the mix of people who live in your geographic area?

I don't know the answer

Very different Somewhat different A mix

Somewhat similar

Very similar

\* 116. How important is it to you that your centre or group become engaged or remain engaged in the social and environmental issues impacting the world?

Not important Somewhat important Important

Very important

117. Have sexual misconduct, abuse, financial concerns and general upheaval in the Shambhala community significantly impacted your Centre or Group?

Yes

No

I don't know

Local impact

\* 118. Has your local Centre or Group offered opportunities to process these issues? (sexual misconduct, abuse, financial concerns, and general upheaval in Shambhala)

I don't know the answer

No

Yes, but not enough Yes, the right amount Yes, but too many

\* 119. Do you observe divisions among members of your local Centre or Group because of disagreements about Shambhala?

Not at all

Mild divisions Moderate divisions Serious divisions

120. Would any of the following be helpful for mending relationships within your local Centre or Group?

None of these

Group compassion or social meditation practice gatherings

Local centre listening circles or group processing opportunities (in person) Local centre listening circles or group processing opportunities (online)

Online meetings involving Shambhala members from across the entire international community

One-on-one conversations with trained listener/facilitators

Referral to outside counseling resources

Seeing your local Shambhala community and leadership make changes to address the roots of these divisions

Seeing the international Shambhala community make changes to address the roots of these divisions

Other (please specify)

\* 121. Have you observed any of the following changes in your community in response to this period of crisis? (check all that apply)

I have not observed any of these changes Changes in who is in leadership positions New local governance models

Increased communication among community members

Increased member participation in decisions about practice and study, including changes in shrines and programming

Increased diversity in programming

More community cohesiveness  
Clearer thinking about the relationship between local and international Shambhala  
Other (please specify)

Strengthening local community  
122. Do you have any suggestions for strengthening the sense of community in your local Shambhala Centre or Group?

Survey Part 3: international Shambhala community

The remaining questions are about your experience in the broader Shambhala community.

In addition to local Centres and Groups, Shambhala includes land centres, retreat centres, informal online groups and a central administration that provides practice and education services, Shambhala Online, human resources, publicity, joint insurance policies, financial services, etc. Also, some Centres and Groups relate to regional-level organizations within Shambhala.

\* 123. Would you prefer to provide less or more input on the programs and services offered by the following components of Shambhala?

This does not  
apply Much

Satisfied with

Somewhat Much

to less me input

Somewhat less input

current input

more input

more input

Land Centres (including Dechen Choling, Dorje Denma Ling, Karme Choling and Shambhala Mountain Center)

Retreat Centres (including Casa Werma, Dorje Khyung

Dzong, Gampo Abbey, Milk Lake, Sky Lake, Windhorse, etc.)

Regional Shambhala organizations (Shambhala Europe, Language-specific groups, Northern California, etc.)

The Shambhala Board of Directors

Shambhala central administration, currently called Shambhala Global Services (Office of Finance, Practice and Education, Shambhala Online, etc.)

\* 124. Would you prefer to provide less or more input on the organizational structure and decision-making processes of the following components of Shambhala?

This does not  
apply Much

Satisfied with

Somewhat Much

to less me input

Somewhat less input

current input

more input

more input

Land Centres (including Dechen Choling, Dorje Denma Ling, Karne Choling and Shambhala Mountain Center)  
Retreat Centres (including Casa Werma, Dorje Khyung  
Dzong, Gampo Abbey, Milk Lake, Sky Lake, Windhorse, etc.)  
Regional Shambhala organizations (Shambhala Europe, Language-specific groups, Northern California, etc.)  
The Shambhala Board of Directors  
Shambhala central administration, currently called Shambhala Global Services (Office of Finance, Practice and Education, Shambhala Online, etc.)

\* 125. Would you prefer to provide less or more input on the financial management of the following components of Shambhala?

This does not  
apply Much

Satisfied with

Somewhat Much

to less me input

Somewhat less input

current input

more input

more input

Land Centres (including Dechen Choling, Dorje Denma Ling, Karne Choling and Shambhala Mountain Center)  
Retreat Centres (including Casa Werma, Dorje Khyung  
Dzong, Gampo Abbey, Milk Lake, Sky Lake, Windhorse, etc.)  
Regional Shambhala organizations (Shambhala Europe, Language-specific groups, Northern California, etc.)  
The Shambhala Board of Directors  
Shambhala central administration, currently called Shambhala Global Services (Office of Finance, Practice and Education, Shambhala Online, etc.)  
International communication

\* 126. What are your primary sources of information for learning about what is happening at the international Shambhala leadership level? (check all that apply)

I do not have a regular source of information about what is happening internationally

Emailed announcements from international Shambhala leadership

Emailed announcements from local Shambhala leadership

“Sangha Talk” on the Shambhala Network Other forums on the Shambhala Network Shambhala Times

Facebook, Reddit, and other social media

The Shambhala.org website

Local Centre or Group websites

The Shambhala Board website (<https://board.shambhala.org/>)

The Shambhala Process Team website (<https://shambhala-process-team.org/>) Newsletters from other Shambhala Centres or Groups

Leadership zoom calls Friends or word of mouth Other (please specify)

\* 127. What are your primary sources of information for learning about financial issues in Shambhala? (check all that apply)

Emailed announcements from international Shambhala leadership

Emailed announcements from local Shambhala leadership

“Sangha Talk” on the Shambhala Network Other forums on the Shambhala Network Shambhala Times

Facebook, Reddit, and other social media

The Shambhala.org website

Local Centre or Group websites

The Shambhala Board website (<https://board.shambhala.org/>)

The Shambhala Process Team website (<https://shambhala-process-team.org/>) Newsletters from other Shambhala Centres or Groups

Leadership zoom calls Friends or word of mouth Other (please specify)

\* 128. What are your primary sources of information for learning about the activities of other Shambhala Centres or Groups besides your own? (check all that apply)

Emailed announcements from international Shambhala leadership

Emailed announcements from local Shambhala leadership

“Sangha Talk” on the Shambhala Network Other forums on the Shambhala Network Shambhala Times

Facebook, Reddit, and other social media

The Shambhala.org website

Local Centre or Group websites

The Shambhala Board website (<https://board.shambhala.org/>)

The Shambhala Process Team website (<https://shambhala-process-team.org/>) Newsletters from other Shambhala Centres or Groups

Leadership zoom calls

Friends or word of mouth

Other (please specify)

\* 129. Do you feel you know enough about what is happening in Shambhala outside of your local community in these areas?

I know enough

I would like to know a little more

I would like to know a lot more

The activities of other Shambhala Centres or Groups besides your own

What is happening at the international Shambhala leadership level

Financial issues in Shambhala

\* 130. How satisfied are you with the amount and quality of communication that you have with the leadership of the international Shambhala?

Very dissatisfied Somewhat dissatisfied A mix

Somewhat satisfied

Very satisfied

131. Is there anything you would like to share regarding your relationship with the Shambhala Board, the Shambhala central administration, Land Centres, Retreat Centres, or regional organizations?

Regions

One of the unique features of our international Shambhala community is the range and variety of geographic locations that are included. This also raises challenges for assuring accessibility to programs and services, and for respecting cultural diversity. The next set of questions are designed to identify the challenges associated with your particular residential location.

\* 132. In what region do you currently reside?

Africa

Asia and Oceania

Canada

Central America and Mexico

Europe, Eastern Europe, Western Middle East South America United States

\* 133. Have any of the following issues have created difficulties for you in gaining access to Shambhala internationally? (check all that apply)

None of these apply to me

Language barriers

Travel issues

Infrequent contact with senior teachers

Difficult to attend important programs or events because of their location

Scheduled times for online events do not fit with my time zone

Cultural differences lead to misunderstandings High program costs due to currency differences High materials costs due to shipping expenses Import taxes

Cultural assumptions do not fit with my local experience

Other (please specify)

\* 134. How well do the communications you receive from Shambhala recognize and respect your different culture, Centre or Group size, experiences, priorities, and other circumstances?

Hardly at all Occasionally Moderately well

Very well

135. If you are willing to give examples of problems with accessibility or the communications that you receive from Shambhala, or if you have ideas about what could help improve them, please do so here.

Vision

A team of the Shambhala Process Team proposed the following Vision Statement for

Shambhala.

Vision: Where we hope to see the community several years in the future:

Shambhala as a thriving community, abiding in accord with the wisdom of all humanity and the Shambhala teachings and practices, which continually evolves through gentleness, kindness, fearlessness, and wisdom.

\* 136. How similar is this statement to your personal vision for the Shambhala community?

Very different Somewhat different Mixed

Somewhat similar

Very similar

137. Do you have any comments on this proposed vision statement?

Final questions

This is the last page of questions. Be sure to click "Next Page", or your answers to this page will not be recorded.

138. What are your aspirations for Shambhala going forward?

\* 139. How would you describe your current level of energy and engagement (lungta) for Shambhala?

Very low Low Neutral High

Very high

140. Is there anything that you would like to share about what would increase your energy and engagement (lungta) in Shambhala?

141. (OPTIONAL) If you are considering leaving Shambhala, would you be willing to share what would need to change in order for you to stay?

142. (OPTIONAL) If you plan to stay in Shambhala, would you be willing to share what, if anything, would make you leave?

143. (OPTIONAL) If you have left Shambhala, would you be willing to share what would need to happen for you to consider returning?

144. (FINAL QUESTION): Is there anything else you would like to say?

Thank you!

You have completed the survey, and all your answers have been recorded.

If you want to revise your answers, you can click the "Previous Page" button at the bottom of every page of the survey to return to earlier questions. When you click "Next Page", your revised answers will be recorded.

Until January 31, 2020, you can return to the survey to change your answers using the same link you used to access the survey originally.

Thank you for your participation in this Sense of Shambhala Survey from the Shambhala Process Team. Your responses are extremely important for helping all of us get an accurate sense of who we are and where we are at this critical time. We look forward to sharing an anonymous report of the complete findings of this survey with you.

For more information on the Shambhala Process Team, please go to <https://shambhala-process-team.org/>

If you have questions about this survey, please contact [shambahalasurvey@gmail.com](mailto:shambahalasurvey@gmail.com).